



# Shoe Lifts

## How to pick a good shoe

Choose shoes that are simple in construction. Bring this sheet with you when you visit the shoe store.

### To Learn More

- Orthotics & Prosthetics  
206-386-6100
- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers  
206-987-2280 (TTY)

### Shoes that work well with lifts

- Flat-bottomed shoes (like skateboard shoes)
- Shoes with a flat contact area (the whole bottom surface of the shoe touches the ground)
- Crepe (foam) bottoms with rubber soling
- Shoes that are white or black

### Shoes that do not work well with lifts

- Slip-on shoes, loafers or sandals
- Thin shoes (shoes must have a midsole)
- Shoes with separate heels
- Shoes with air-cushioning or gel-cushioning soles
- Shoes with plastic pieces on the bottoms of the soles
- Shoes that light up

Shoe soles will be cut off and a foam "lift" will be placed between the upper portion of the shoe and the sole.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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